

Schedule

Chair Yoga

Linda John

10:00am, Large Classroom

Join us for this gentle and safe yoga practice in a chair. You will move through physical postures, breathing practices, and short meditations to harness the relaxation and emotional benefits of yoga. This yoga practice will support and build balance, strength, mobility and executive functions of the brain. Beginners and all fitness levels welcome.

Start Moving & Exercising Safely

Matt Weissbach, PT, DPT

10:00am, Lounge

This talk is for newly retired older adults and those approaching retirement within the next five years. Our featured presentation will focus on safely initiating a regular exercise and movement routine without the risk of injury. Additionally, we will explore how physical therapy and exercise can effectively address and alleviate long-standing pain issues that may have developed over one's working years. Join us at the Sherwood Senior Center for an enlightening discussion on aging gracefully and maintaining optimal well-being through the power of movement and fitness.

From Work to Retirement

Joan Laguzza, MSW, LCSW

10:30am, Large Classroom

We work hard for decades with the idea that once we've retired, we can thoroughly enjoy ourselves and finally begin doing the things that will make us happy, like travel, or start new hobbies, or volunteer in our community. However, removing the structure that working provides can sometimes leave us feeling deflated, purposeless, and life can begin to feel empty. Sometimes things don't go as we hoped they would. If we are not paying attention, we can experience mental health challenges. This talk will help you prepare for the transition from work to retirement and give you tips for managing and maintaining mental well-being through the process.

The Modern Senior Center: Engagement, Connection, and One Hell of a Good Time

Maiya Martin Burbank

11:00am, Pearl Room

Senior centers can be seen as “old people” hang outs. Today, this simply is not the case – senior centers can be vibrant with community, classes, games, exercise, parties, and more! Learn from our Senior Community Center manager how things are changing along with the evolution of generational needs and interests.

Making Your Money Last

Christine Leffler, Edward Jones

11:00am, Lounge

Join us for Retirement: Making Your Money Last with Edward Jones Financial Advisor Christine Leffler. We'll discuss ways to help you work towards achieving your retirement goals – what matters most to you. A key focus will be how to provide for your income needs, including your retirement income for the future. We'll also explore how to address important concerns such as inflation, health care expenses, market volatility and unexpected events. Participants will receive a workbook to use to personalize the information to their own information.

Retirement Support – Changing Relationships

Joan Laguzza, MSW, LCSW

1:00pm, Pearl Room

For many people, developing social connections happens without much extra effort. We form natural and casual communities with people we spend the most time with - our coworkers. When we stop working, this sense of camaraderie and community can be difficult to find. Come together in this small group session to talk about how to develop and maintain friendship and connection with others once we leave the workplace.

Medicare 101

Washington County SHIBA

Volunteers

1:00pm, Large Classroom

Have questions about Medicare? Attend a Medicare 101 to learn about Parts A, B, C, and D and to learn other Medicare basics. Bring general questions to ask during the presentation. If you have a personal question, there will be counselors available after the presentation for one-on-one counseling.

Downsizing & Decluttering

Ben Richards

1:00pm, Lounge

Some of the benefits of downsizing are stress reduction, saving money, and improving well-being. There are some challenges too – how do you decide what to keep and what to let go of? How do you emotionally cope with the decision fatigue and other emotions that can arise throughout the process? We'll discuss practical tips for downsizing and decluttering as well as breaking down the process into lists, organizing by category, and creating a long-term plan for decluttering. We'll also take a look at some resources that are available so you can walk away with tools and resources to start your own decluttering journey.

Aging Attitudes: How beliefs about aging impact your health and what you can do about it
Kera Magarill, Washington Co.
2:00pm, Large Classroom

What comes to mind when you think of aging? Do you think of thriving diversity and growth or debility and disdain? Research tells us that our beliefs about aging impact how well and how long we live. In this program, learn where our ageist beliefs come from and how to identify them in our lives. Start to uncover and reset your own internalized negative age beliefs by debunking age myths. Get an easy-to-use tool to become a paradigm-shifting, narrative-changing champion of aging for yourself and future generations.

Senior Health Insurance Benefits Assistance (SHIBA)
Washington County Volunteers
2:00pm - 4pm, Drop-In, Lounge

Do you have questions about what Medicare plan is right for you in 2024? Do you need assistance with changing your Prescription Drug Plan or your Advantage Plan? Trained and certified Medicare counselors with the SHIBA program can help. They will answer your questions and help you weigh your options so you can choose the right plan for you.

Retirement Support – Who am I Now?
Joan Laguzza, MSW, LCSW
2:00pm, Pearl Room

In conversation, one of the first things we are asked when meeting new people is “What do you do?” For many of us, we are defined by the work that we do and who we are connected to in the workplace. When we retire, it can take some adjustment to feel comfortable in our skin and in our purpose. In this small group session, meet with others who are facing similar challenges to talk about this life experience.

From Retirement Dreams to Reality: Preparing for Life's Curveballs

Corey Kearsley & Katie Gurney-Kearsley, Prepare Your Affairs
3:00pm, Large Classroom

Join us in 'From Retirement Dreams to Reality' as we explore turning retirement dreams into a secure reality. Discover essential tools for handling life's unexpected challenges and embracing your retirement with confidence, resilience, and peace of mind.



2023 RETIREMENT SYMPOSIUM

Are you thinking of retiring soon?
Do you even have it scheduled?
Have you recently retired and have some questions? Join us for this full-day of workshops, presentations, and conversations to help smooth the transition from Working to retirement.

📅 October 21, 2023

🕒 10.00 AM - 4.00 PM

503-625-5644
21907 SW Sherwood Blvd.
Sherwood, OR 97140
www.sherwoodoregon.gov

Lunch available for \$15

PRESENTERS



Joan Laguzza
MSW, LCSW
Successful Transition from Work to Retirement
Changing Relationships
Who Am I Now?



Matt Weissbach
PT, DPT
Evolve PT
Safely Start Moving & Exercising



Christine Leffler
Edward Jones
Retirement: Making Your Money Last



Ben Richards
Seniors Real Estate Specialist (SRES®).
Downsizing & Decluttering



Corey Kearsley & Katie Gurney
Prepare Your Affairs
From Retirement Dreams to Reality: Preparing for Life's Curveballs



Washington County
Disability, Aging and Veteran Services
Medicare 101
Aging Matters
SHIBA